



## Moving with Painter's Tape

- **Hopscotch.** Create a hopscotch board by placing painter's tape on the carpet, hard floor, or cement on the playground. Encourage the children to progress through the board while following the rules of hopscotch. Challenge the children to go through the board in different directions, or even to create their own custom board! This activity improves feet-eye coordination, self-regulation, and aids in cognitive development.
- **Balance Beam.** Use the painter's tape to create a balance beam or 'tightrope' to practice walking in a straight line. Place the tape in a line on the floor, the children can practice walking forwards, backwards, and even sideways. When they master walking on the tightrope, children can practice skipping, walking on their tiptoes, jumping, galloping, etc. Different colors can be used to make different kinds of lines—squiggles, zigzags, and swirls. Each type of line will aid in developing their balance, lower body muscle groups, and foot-eye coordination. To increase the challenge, children will walk or hop on the balance beam while balancing a bean bag or activity scarf on a body part (head, hand, shoulder, back, etc.).
- **Race Cars!** Using the painter's tape, create a racecar track throughout the indoor or outdoor classroom. Placing the tape on the floor, have children follow the 'track' until they complete its course. Add variation to the activity by having the course go up and down stairs, through a tight space, or around sharp corners. Through added variation, children will have opportunities to accelerate, rotate, decelerate, climb, duck, squat, and, possibly, crawl.
- **Target Practice.** Make a bull's eye target on the floor or wall for the children to practice overhand and underhand throwing. Children can throw bean bags, small balls, frisbee rings, or other teacher-approved objects at the bull's eye. Regardless of what's thrown, this activity focuses on coordination, muscle control and development, and accuracy. For added fun, make each target worth a certain amount of points!
- **Jumping Ladders!** Using the painter's tape, make a ladder, complete with rungs, on the ground. Have the children jump from rung to rung first with one-footed jumps, then with two-footed jumps. For added variation, have children practice making big steps, stretching their bodies from one rung to the next. For added variation, have the children jump from space to space, avoiding the rungs on the ladder entirely.